



## The Benefits of Low Carb Eating!

Low carbohydrate eating can provide a person with several nutritional, as well as health benefits ... some of which include:

- Weight loss (even when not consciously restricting calories)
- Improved triglycerides
- Reduced blood glucose for diabetics and pre-diabetics
- Increased HDL ("good") cholesterol
- Improved insulin sensitivity
- Decreased blood pressure
- Lower blood insulin level
- Increased energy
- Craving for sweets is reduced
- Improved mood - emotions are more level
- Reduction of "compulsive" and "emotional" eating
- Improved dental hygiene

